



# Cervical screening. The facts.

**Information** / Support / Friends

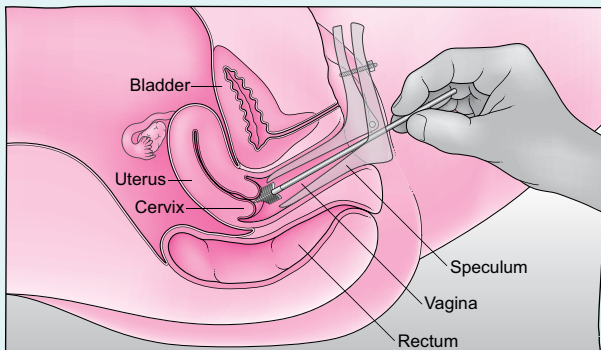
## Facts about cervical screening in the UK

1. Cervical screening saves 5,000 lives a year.
2. It is NOT a test for cervical cancer, it is a screening test to detect abnormalities at an early stage in the cells of the cervix.
3. The majority of examinations are undertaken by Practice Nurses in GP surgeries.
4. Nine out of ten cervical screening test results come back normal.

**Please don't ignore your invitation. It takes just a few minutes but could save your life.**

## What happens during cervical screening?

1. You will be asked to undress from the waist down and to lie on an examination bed.
2. An instrument called a speculum will be inserted into your vagina so the cervix can be seen by the sample taker.
3. A specially designed brush is used to gather cells from the cervix.
4. The sampled cells are immersed in a vial of preservative fluid and sent to the laboratory.
5. Results will be sent in two to six weeks.



## Being invited for screening

To be invited for cervical screening you need to be registered with a GP. It is free to attend. Each country will invite women at the following ages:

Country	Eligibility
England, Northern Ireland & Wales	Women aged 25 to 49 invited every 3 years Women aged 50 to 64 invited every 5 years
Scotland	Women aged 20 to 60 invited every 3 years

## Tips on screening

- **First time or nervous?** Tell the sample taker.
- **Worried about discomfort?** Ask the sample taker to use a smaller speculum.
- **Feeling embarrassed?** Wear a skirt as you can keep this on during the test.
- **Don't want to go alone?** Take a friend to wait in the waiting room with you.
- **Circumcised?** Tell the sample taker.
- Try to relax and distract your mind.
- **Not sure what to expect?** Go to our website or call our helpline.

## We provide information and support on all aspects of cervical screening and cervical abnormalities

- A website with up to date information written and reviewed by experts.
- A wide range of factsheets and materials.
- The opportunity to send a question to one of our medical experts using our Ask The Expert service.
- Online forum where women can share experiences.
- A dedicated helpline 0808 802 8000.

This leaflet has been produced by:



**T** 020 7250 8311  
**E** info@jostrust.org.uk  
**www.jostrust.org.uk**  
**Helpline: 0808 802 8000**

The information included in this publication was correct at the time of going to press. We plan to review publications after two years however updates may happen more frequently. For updates or for the latest information, visit [jostrust.org.uk](http://jostrust.org.uk).

